

# Success with Stress

*“Everyone gets their rough day. No one gets a free ride. Today so far, I had a good day. I got a dial tone.”*



# Success with Stress

- ▶ *Stress is part of being alive*
- ▶ *Navy life has unique stressors*
- ▶ *Navy life provides ways of coping*
- ▶ *Stress can lead us to succeed and develop*



# Success with Stress

- ▶ *Stressors*
- ▶ *Physical signs of stress*
- ▶ *Behavioral signs of stress*
- ▶ *Psychological signs of stress*
- ▶ *Positive response to stress*



# Stressors

- ▶ *What do you consider stressful?*
- ▶ *What is stressful for you as a Sailor/Officer?*
- ▶ *What is stressful for you off duty?*



# Stressors

- *Away from family and friends*
- *Unheard by chain*
- *Limited privacy*
- *Limited diet choices*
- *Promotion boards*
- *Family concerns*
- *Pregnancy*
- *Financial pressures/problems*
- *Job performance*
- *Family history*
- *Counseling chits*
- *DRB—XOI—NJP*
- *Damaged reputation*
- *Marriage problems*
- *Getting married*
- *Maintaining weight standards*
- *PFA*
- *Retirement*
- *Heat*

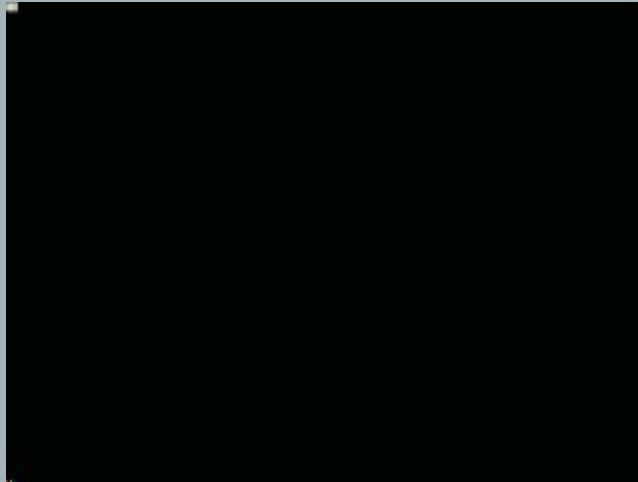


# Stressors

- *Educational goals*
- *Long working hours*
- *Lack of sleep*
- *Lack of support*
- *Personal expectation*
- *Health concerns*
- *Adequate training*
- *Multi-task deadlines*
- *Social expectations*
- *LPO—Chiefs-Officers*
- *Duties assigned*
- *Redundancy*
- *Going, being at, returning from sea*
- *Phone calls—emails*
- *Standing in lines*
- *Constant crowds*
- *Equipment break down*
- *Supply delays—OPTAR*
- *Leave limitations*
- *Etc.*



# Stress?



09/10/16



# Behavioral Signs of Stress

- ▶ *What signs tell you that a shipmate is stressed?*
- ▶ *How do you act when stressed?*



# Real Life Face of Stress

## Behavioral

- ▶ *Nervous laughter*
- ▶ *Blaming*
- ▶ *Accident prone*
- ▶ *Lower sex drive*
- ▶ *Quickly angered*
- ▶ *Cigarette smoking*
- ▶ *Drug abuse*
- ▶ *Using people*
- ▶ *Excessive initiative*
- ▶ *Aggressive*
- ▶ *Inappropriate crying*
- ▶ *Impulsive behavior*



# Real Life Face of Stress

## Behavioral

- ▶ *Allergies*
- ▶ *Nagging*
- ▶ *Inflexibility*
- ▶ *Declining work*
- ▶ *Reclusive*
- ▶ *Argumentative*
- ▶ *Over eating*
- ▶ *Under eating*
- ▶ *Antisocial*
- ▶ *Fault finding*
- ▶ *Cynical*
- ▶ *Alcohol abuse*



# Psychological Signs of Stress

- ▶ *What signs tell you that a shipmate is stressed?*
- ▶ *How do you act when stressed?*



# Psychological Reaction to Stress

- ▶ *Depression*
- ▶ *Boredom*
- ▶ *Urge to cry*
- ▶ *Suspiciousness*
- ▶ *Negative attitude or thoughts*
- ▶ *Loneliness*
- ▶ *Anxiousness*
- ▶ *Nervousness*
- ▶ *Nightmares*
- ▶ *Helplessness*
- ▶ *Confusion*
- ▶ *Feelings of unreality*
- ▶ *Urge to run*
- ▶ *Difficulty with concentration*
- ▶ *Lethargy*
- ▶ *Worrying*



# Physical Signs of Stress

✦ *How do you act when stressed?*



09/10/16

13



# Stress can prompt strong reactions.



09/10/16

14



# Physical Reaction to Stress

- ▶ *Heart pounding*
- ▶ *Rapid pulse*
- ▶ *Stuttering*
- ▶ *Diarrhea*
- ▶ *Constipation*
- ▶ *Stomach distress*
- ▶ *Dizziness*
- ▶ *Lingering cold*
- ▶ *High blood pressure*
- ▶ *Dry mouth*
- ▶ *Fatigue*
- ▶ *Weakness*
- ▶ *Sweating*
- ▶ *Anorexia*
- ▶ *Back pain*
- ▶ *Insomnia or sleep*
- ▶ *Muscle tension*
- ▶ *Shortness of breath*
- ▶ *Generalized aches & pains*



# Response Positive to Stress

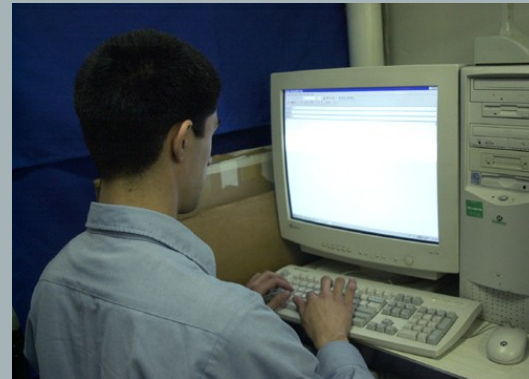
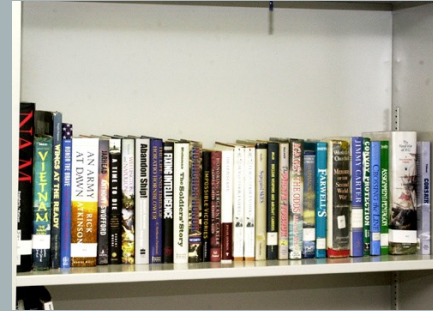


- *Deep breathing*
- *Stretching*
- *Exercise*
- *Relaxation stretching*
- *Taking a break of fresh air*



# Response Positive to Stress

- ✦ *Writing a letter/email*
- ✦ *Keeping a diary*
- ✦ *Writing*
- ✦ *Reading*
- ✦ *Drawing or sketching*



# Response Positive to Stress



- ▶ *Video games*
- ▶ *Games, dominos, cards, bingo*
- ▶ *Music*
- ▶ *Movies*
- ▶ *Humor*
- ▶ *Your spiritual life*



# Success with Stress

- ▶ *It's your life.*
- ▶ *It's stress.*
- ▶ *It's your choice.*
  - ▶ *You can find good in a tough situation.*
  - ▶ *You can use positive self talk.*
  - ▶ *You can avoid the blame game.*
  - ▶ *You can focus forward.*
  - ▶ *You can keep your stress in perspective.*
  - ▶ *You can help a shipmate keep stress in perspective.*



# closing thought...

- ✦ *“Within us all there are wells of thought and dynamos of energy which are not suspected until emergencies arise. Then oftentimes we find that it is comparatively simple to double or triple our former capacities and to amaze ourselves by the results achieved.”*

*Thomas J. Watson*

